Here's a text if you've only a minute …

Lord, you are my rock, my stronghold!
Lead me and guide me. *Entrance Antiphon*

Happy are those who have placed their trust in the Lord …
All that they do shall prosper. *Responsorial Psalm*

God so loved the world that he gave his Only Begotten Son.
Communion Antiphon

For in you we live and move and have our being, and while in this body … we possess the pledge of life eternal. *Preface VI*

Father in heaven,
the loving plan of your wisdom took flesh in Jesus Christ
and changed mankind's history
by his command of perfect love.
May our fulfilment of this command reflect your wisdom
and bring your salvation to the ends of the earth.
Old Opening Prayer

This week's texts if you'd like to reflect further:
Jeremiah 17: 5–8; Psalm 1; 1 Corinthians 15: 12, 16–20;
Luke 6: 17, 20–26

Happy are those who
trust in the Lord.
They are like a tree
that is planted beside
the flowing waters,
that yields its fruit
in due season …
all that they do
shall prosper.

If you'd like to receive Prego by email each week, sign up at
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ST. BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM

6th Sunday in Ordinary Time
Year C
17th February 2019

Happy are those who trust in the Lord

This week we are invited to reflect on the happiness which can be ours when we trust in the Lord.

In the **First Reading**, the Prophet Jeremiah teaches us through curses and blessings (the language of the time), that we need to make a choice – either to trust in human beings or to trust in the Lord. Depending on our choice, we will inhabit a dry wilderness or feel fulfilled and happy.

The same ideas are echoed in the **Psalm**, which also uses the image of a luxuriant and fruitful tree. It starts with a Beatitude: 'Happy indeed are those who …', thus introducing the **Gospel** from St Luke**.** Shorter than the more famous Beatitudes passage from Matthew's Gospel, it contains a series of parallel warnings for those who make the wrong choices: 'Alas for you ...'.

St Paul, in his letter to the Corinthians (**Second Reading**), points to another source of our happiness: the resurrection of Christ. If Christ had not been raised, we would not have been saved, and would remain in our sins. As he rose again for us, we are the happiest of all people.

This week, then, we might want to reflect on what makes us happy and on how much we trust in the Lord – and to wonder whether we might need to adjust some of our choices in order that others should have a greater share in this happiness.

Opening Prayer
O God, who teach us that you abide
in hearts that are just and true,
grant that we may be so fashioned by your grace
as to become a dwelling pleasing to you.

Psalm 1

R./ Happy are those who have placed their trust in the Lord.

Happy indeed are those
who follow not the counsel of the wicked;
nor linger in the way of sinners
nor sit in the company of scorners,
but whose delight is the law of the Lord
and who ponder his law day and night.

They are like a tree that is planted
beside the flowing waters,
that yields its fruit in due season
and whose leaves shall never fade;
and all that he does shall prosper.

Not so are the wicked, not so!
For they like winnowed chaff
shall be driven away by the wind.
For the Lord guards the way of the just
but the way of the wicked leads to doom.

As I come to pray today's psalm, what is my frame of mind?
Happy ...? Despondent ...? Tired ...?
Before I go any further, I tell the Lord in my own words how I feel and ask him to support me and to open my heart and mind.

Then I slowly read the text, perhaps aloud if I can, or on my breath, letting its inner rhythm support the meaning of the words.
What do I hear?

Perhaps I am struck by the image of the tree growing by water: stable, fruitful, thriving. I ponder.

In what part of my life, present or past, do I see a connection with this image?

Maybe I focus on the image of the chaff: small, lightweight bits of straw blown away by the wind. What feelings arise in me?

When I consider the law of the Lord, what words come to mind: binding rules, delight, restrictions, freedom, or…?

Before closing my prayer, I reflect on what makes me happy. I tell the Lord about it and thank him for being with me today and everyday.

Gospel Luke 6: 17, 20–26

Jesus came down with the Twelve and stopped at a piece of level ground where there was a large gathering of his disciples with a great crowd of people from all parts of Judaea and from Jerusalem and from the coastal region of Tyre and Sidon who had come to hear him and to be cured of their diseases. Then fixing his eyes on his disciples he said:
'How happy are you who are poor: yours is the kingdom of God.
Happy you who are hungry now: you shall be satisfied.
Happy you who weep now: you shall laugh.
'Happy are you when people hate you, drive you out, abuse you, denounce your name as criminal, on account of the Son of Man. Rejoice when that day comes and dance for joy, for then your reward will be great in heaven. This was the way their ancestors treated the prophets.
'But alas for you who are rich:
you are having your consolation now.
Alas for you who have your fill now: you shall go hungry.
Alas for you who laugh now: you shall mourn and weep.
'Alas for you when the world speaks well of you! This was the way their ancestors treated the false prophets.'

After spending some moments coming to greater inner quiet, I read the text slowly, perhaps more than once.

What is my reaction? If – given my own circumstances – I find this text challenging, I ask the Lord to help me see the true meaning of the words before me.

It may help to imagine myself in the scene, listening to Jesus's words. What is the tone of his voice? When he speaks to his disciples, perhaps he also looks at me. What do I see in his eyes: warning, threat, love, compassion or…? How do I feel?

I try to engage him in a conversation. What questions do I ask?
What comments do I make? It could be that one of the situations he mentions applies to me at the moment.

I spend time listening to his answers.

As I bring my prayer to a close, I reflect on what I do 'on account of the Son of Man'. I give thanks for what he does for me. If I feel able to, I determine to place an even greater trust in the Lord.